

# TOWN OF ACTON RECREATION DEPARTMENT



SPRING / SUMMER 2004 PROGRAM

ACTON RECREATION DEPARTMENT  
ACTON TOWN HALL  
472 MAIN STREET  
ACTON, MA 01720

(978)264-9608

[recreation@acton-ma.gov](mailto:recreation@acton-ma.gov)

HOURS: MONDAY – FRIDAY 8:00 A.M. – 5:00 P.M.

# THINGS YOU NEED TO KNOW!

## PROGRAMS FOR EVERYONE

The goal of the Acton Recreation Department is to provide recreational facilities and programs for Acton residents. The individuals who participate in programs vary in terms of interests, talents, abilities and challenges. Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible recreational opportunities for all. Your suggestions are always welcomed.

## REGISTRATION POLICY

1. All programs are on a “first-come-first-serve” basis via mail-in registration from this brochure or at the Recreation Department at the Acton Town Hall. We will not accept registrations without payment.
2. The Acton Recreation Department reserves the right to cancel or consolidate classes that do not support themselves. All programs operate on a self-supporting basis.
3. Registration may be limited due to subject; space or staff limitations so **REGISTER EARLY**. Non-resident registration will be accepted in all programs. Call 978 264-9608 for more details.
4. Late registration will be available subject to available space.
5. Payment may be made by cash or check payable to the Town of Acton and mailed to:  
*Acton Recreation Department*  
*472 Main Street*  
*Acton, MA 01720*
6. **Refunds may be requested in writing up to one week before the program begins.** A ten dollar (\$10.00) administration fee will be retained. Some programs have a non-refundable deposit. Camp registrations require a \$50 non-refundable deposit. No refunds will be given after the program begins. **ALL APPLICATIONS SHOULD BE CONSIDERED ACCEPTED UNLESS OTHERWISE NOTED.**
7. It is the policy of the Acton Recreation Department that no resident of the Town shall be refused participation in a program or the use of facilities because of the inability to pay. Confidential application for financial aid can be made to the Board of Selectmen, and if a hardship exists, the applicant may apply for a reduction in fees. Please contact Nancy McShea, Recreation Director, with any questions.
8. If any program is cancelled due to inclement weather, a refund will be given. Please allow 2-3 weeks for a refund.

## IF YOU WAIT – YOU MAY BE TOO LATE!

Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment, and purchasing of supplies.

### **Acton Recreation Commission:**

Chair: Ron Schlegel  
Vice Chair: Michele Zaremba  
Alison Gallagher, Bob Cadogan

### **Recreation Staff:**

Recreation Director: Nancy McShea  
Natural Resources Director: Tom Tidman  
Secretary: Jennifer White



ACTON RECREATION DEPARTMENT  
REGISTRATION INFORMATION  
Spring/ Summer 2004

Register for programs either in person, at the Acton Town Hall or by mail, utilizing a separate form for each program and person. All programs must have sufficient enrollment to ensure self-support. **Refunds are issued on the basis of receipt of written notice of withdrawal one week prior to the start of the program, and are subject to a \$10.00 service charge.** For further information contact the Recreation Department at (978) 264-9608. Mail registration form to: Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720. **Please make check payable to "Town of Acton."** Registration forms may be photocopied.

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**Registrants should consider their applications accepted unless notified otherwise.**

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**Spring/ Summer 2004**  
(Please Print)

Program Name \_\_\_\_\_ Day/Time \_\_\_\_\_

Name \_\_\_\_\_ Age/Grade \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Parent/Guardian (if registrant is under age 18) \_\_\_\_\_

Telephone  
(Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Emergency) \_\_\_\_\_

E-mail Address \_\_\_\_\_

SPECIAL ACCOMMODATIONS: In order to enhance participation, please identify any special accommodations needed: \_\_\_\_\_

I agree to hold harmless the Town of Acton and/or its employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

\_\_\_\_\_  
Signature (Parent/Guardian if under 18)      Date      Amount Enclosed \_\_\_\_\_



## **RECREATION ACROSS GENERATIONS**

Recreation Across Generations is a new program initiated by the Acton Recreation Department in conjunction with The Inn at Robbins Brook. The premise behind this program is bringing together different ages, the very young to the very old, in a way that knowledge, laughter and friendship can be shared. The benefits of this program are endless, both for the young and for the seniors involved.



### **WHAT'S COOKING?**

Do you like to bake cookies, brownies, muffins, maybe a fun snack or cool drink? This is the class for you. We will meet once a week for 6 weeks and cook a different delectable treat each week. This is a great way for kids and seniors to come together share stories have a few laughs and make some good treats.

Class Meets:  
**Young Chefs** (ages 2-5) –  
Mondays 10:30 – 11:30  
a.m.  
March 8 – April 12, 2004

**Elementary Chefs** (grades  
1-4) - Wednesdays: 3:30 –  
4:30 p.m.  
March 10 – April 14, 2004  
Location: The Inn at  
Robbins Brook  
Fee: \$30.00  
Instructor: Nancy McShea

### **CRAFT CORNER**

Do you have a budding artist just waiting to bloom? Do you want something fun to do with your child during the day or just need a change of scenery? This class is for young children ages 2-5 and will involve doing different, fun craft projects each week. Seniors and youngsters will work together on a series of fun art projects that the children may take home with them. This class is sure to be a fun time for everyone.

Class Meets: Fridays,  
March 12-April 16, 2004  
Time: 10:30 – 11:30 a.m.  
Location: The Inn at  
Robbins Brook  
Fee: \$40.00 for 6 weeks  
Instructor: Nancy McShea

### **WOOD TIME**

This class will pair youngsters with seniors as they complete a variety of wood projects such as bird houses, wooden cars, treasure boxes etc. This is a great chance to build something fun, paint, laugh and share good times. This class is open to children ages 4 and 5.

Class Meets:  
Wednesdays, March 10 –  
April 14, 2004  
Time: 10:30 – 11:30 a.m.  
Location: The Inn at  
Robbins Brook  
Fee: \$40.00 for 6 weeks  
Instructor: Nancy McShea

### **BUILDING BRIDGES**

Building Bridges is a new class that aims at bringing together seniors and teens. Participants will have the opportunity to experience various types of recreational activities such as bowling, movies, cooking parties, game days, etc. Teens who sign up for this program need to commit to the full 6-week class. This is a great opportunity for the seniors to share their experiences with teens and for teens to share current day experiences with seniors. Building Bridges will work to bring together the gap that currently separates these two generations. This would be a great community service project for teens.

Class Meets: Mondays,  
March 8 – April 12, 2004  
Time: 2:45 – 4:45 p.m.  
Location: The Inn at  
Robbins Brook.  
Fee: \$30.00 to cover trips  
etc.  
Instructor: Nancy McShea

*Leisure without work  
is empty, and work  
without leisure is  
meaningless.  
- J.B. Nash*

## **START SMART SPORT PROGRAMS**

Before entering organized youth sports programs, children need to master the fundamental motor skills that serve as a basis for more complex sports skills. Children do not effectively learn these skills by playing games, but rather by learning and practicing developmentally appropriate activities.

Developmentally appropriate activities are tasks that are designed for the current level of performance ability of the child with equipment that enables the child to be successful. Success is extremely important in early motor skill learning experiences, as it builds self-esteem and the motivation and confidence needed to try and improve.

Children who enter youth sports programs with fundamental motor skills and confidence in their ability to perform are much more likely to learn new, more complex sport-specific skills, achieve success in competition, and enjoy a positive sports experience. These children are also more likely to participate in sports fitness activities as adults.

All children should be provided with effective, developmentally appropriate activities and

equipment to prepare them for future organized sports competitions. Start Smart accomplishes this by offering programs that encourage children and parents to spend quality time together, without the threat of competition or the fear of getting hurt.

## **START SMART SPORTS DEVELOPMENT PROGRAM**

Start Smart teaches children **ages 3-5** the basic motor skills necessary to play organized sports, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. Start Smart sessions are held one time per week for 6 weeks, and each week the exercises become increasingly more challenging as the class progresses and the children show improvement.

Class Meets: Fridays,  
April 30 – June 4, 2004.

Time:

Morning session – 9:00 –  
10:00 a.m.

Afternoon session – 1:00 –  
2:00 p.m.

Location: NARA Park  
upper fields.

Fee: \$45.00

Instructor: Nancy McShea  
Minimum 8 Max. 15

## **START SMART BASEBALL**

Start Smart Baseball was developed to assist young children **3-5 years old** in learning the basic skills necessary for a successful first time experience in organized baseball or tee ball. Start Smart Baseball is an offshoot of the popular Start Smart Sports Development Program. Start Smart Baseball focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the baseball skills of throwing, catching, batting, and running/agility.

Class Meets:

Wednesdays, April 28 –  
June 2, 2004.

Time:

Morning Session- 11:00 –  
12:00 noon.

Afternoon Session – 2:00  
– 3:00 p.m.

Location: NARA Park  
upper fields.

Fee: \$45.00

Instructor: Nancy McShea  
Minimum 8 Max. 15

### **DID YOU KNOW?**

The fees you pay for the classes offered by the Acton Recreation Department go directly back into running programs, offering special events, sponsoring concerts and keeping up the maintenance on recreation facilities around town. Your fee goes directly back to the program that you are supporting.

- THANK YOU

## **START SMART SOCCER**

Start Smart Soccer was developed to assist young children **3-5 years** old in learning the basic skills necessary for a successful first time experience in organized soccer. Start Smart Soccer focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the soccer skills of kicking, dribbling, trapping, throw-ins and agility.

Class Meets: Mondays,  
April 26 – June 7, 2004,  
no class May 31<sup>st</sup>.

Time:

Morning session – 9:00 –  
10:00 a.m.

Afternoon session – 1:00 –  
2:00 p.m.

Location: NARA Park  
upper fields.

Fee: \$45.00

Instructor: Nancy McShea  
Minimum 8 Max. 15

## **START SMART BASKETBALL**

Start Smart Basketball teaches children **ages 3-5** the basic motor skills necessary to play organized basketball, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents dribbling/ball handling, shooting, passing/catching, and

running/agility without the threat of competition or the fear of getting hurt.

Start Smart Basketball sessions are held one time per week for 6 weeks, each week the exercises become increasingly more challenging as the class progresses and the children show improvement.

Class Meets: Tuesdays,  
April 27 – June 1, 2004.

Time:

Morning session – 11:00 –  
12:00 a.m.

Afternoon session – 2:00 –  
3:00 p.m.

Location: NARA Park  
upper fields.

Fee: \$45.00

Instructor: Nancy McShea  
Minimum 8 Max. 15

## **START SMART GOLF**

Start Smart Golf teaches children **ages 5-7** and their parents the basic skills necessary to play golf. Utilizing the innovative line of SNAG Golf products, children who have never picked up a club will discover how to play golf with fun activities and exciting equipment that is safe and developmentally appropriate. Start Smart Golf encourages parents to work one-on-one with their child, with the guidance of the instructor during the 6-week program.

Class Meets: Tuesdays,  
June 22 – July 27, 2004.  
Time: 2:00 – 3:00 p.m.

Location: NARA Park  
upper fields.

Fee: \$45.00

Instructor: Nancy McShea  
Minimum 8 Max. 15

## **TOT SPOT**

Join other 2 & 3 year olds as we explore various activities and games weekly at NARA Park. Each week we will try out a different sport or activity, learn some skills and have some fun.

Class Meets: Tuesdays,  
May 4 – June 8, 2004.

Time: 9:00 – 9:45 a.m.

Location: NARA Park  
upper fields.

Fee: \$35.00 for 6 weeks

Instructor: Nancy McShea

- This class is open to 2 & 3 year olds only.

## **PLAYGROUND PLAYGROUP**

Join us weekly at the NARA Park playground, meet new friends and socialize with other toddlers. This non-instructional class is designed to be a social group for children up to 4 years of age. We will provide a snack and juice each week as well as an array of equipment for your child to experiment with.

Class Meets: Tuesdays,  
May 4 – June 8, 2004.

Time: 10:00 – 10:45 a.m.

Location: NARA Park  
playground.

Fee: \$15.00 for 6 weeks

Instructor: Nancy McShea



## **YOUTH YOGA**

These classes are geared to energizing and reducing stress in our youth.

Learning how to focus at an early age is important in the competitive, social and academic world they live in. The youth will learn basic yoga strength, balancing and flexibility postures, while becoming aware of their breath.

Class Meets: Thursdays  
March 4 – April 22, 2004  
Time: 2:00 – 3:00 pm  
Ages: 7 – 9 years

Class Meets: Thursdays  
March 4 – April 22, 2004  
Time: 3:00 – 4:00 pm  
Ages: 10 – 13 years

Fee: \$ 80 for 8 Classes  
Instructor: Athletes Edge Staff  
Location: Athletes Edge, 2 Craig Rd. Acton  
Size: 10 per class

## **KUNG FU KIDS** **ages 7-10**

Kung Fu teaches children to try their best. Through training they learn how to overcome challenges and experience victories, giving them confidence and spirit to be their best in martial arts, their school and home. This class develops:

- flexibility
- strength
- self defense
- respect
- self esteem
- coordination

Class Meets: Mondays,  
March 8 – April 12, 2004.  
Time: 4:00 – 4:45 p.m.

Location: Chinese Martial Arts Health & Fitness Center of Acton, 240 Arlington St.

Fee: \$95.00 / 6 weeks.

Instructor: Narceyz Latecki  
Minimum 4, Maximum 10 students

## **KIDS** **BACKPACKING**

Want to learn more about backpacking and hiking? Sign up for new week-long course taught by NARA Parks own, Anthony Sperazzo. This course is open to children entering third through sixth grades. You will learn about layers that are appropriate when hiking in different weather, the 10 essentials for every hike, how to load a backpack, and what food to bring along on your hike (food will be made on Thursday for our trip). We will be preparing for a hike around the Town Forest on the last day, Friday.

Class Meets: Monday – Friday. July 19 – 23, 2004.

Time: 4:30 – 5:30 p.m.

Location: Amphitheater stage at NARA Park

Fee: \$35.00

Instructor: Anthony Sperazzo

## **COLONIAL** **BASEBALL /** **SOFTBALL CLINICS**

The weeklong clinics are run by Steve Donovan, Varsity Baseball coach at Littleton High School.

The clinics are open to boys and girls ages 8-12 who are interested in improving their Baseball /Softball skills and having fun. Learn the fundamentals and techniques of throwing, catching, pitching, fielding and hitting. Positioning and game play will also be covered. The instruction is individualized so that all abilities are welcome. Participants should bring their baseball glove, wear sneakers or cleats and bring a baseball bat, if desired. Also bring a bag lunch, snack with drink and cooler. The clinic will be held regardless of weather. Donovan who is the former Acton-Boxborough and Merrimack College coach has been running the Colonial Baseball Clinics Since 1984.

## **BASEBALL**

Clinic meets: July 5–  
July 9, 2004  
Time: (Mon.) 8:30 – 12:00  
(Tues. – Fri.) 8:30 – 4:00  
Location: Veterans Field Complex  
Cost: \$120.00

## **SOFTBALL**

Clinic meets: July 12 –  
16, 2004  
Time: 8:30 – 2:00 pm  
Location: Veterans Field Complex  
Cost: \$120.00

Coach Steve Donovan

\* Head Coach – Littleton High School - Present

- Director -  
**Colonial Baseball Clinics** - 20 Years
- Head Coach -  
Acton-  
Boxborough  
Regional High  
School - 10 Years
- Pitching Coach -  
Merrimack  
College - 3 Years
- Head Coach -  
AAU/Junior  
Olympic New  
England Mariners

### **MAJOR LEAGUE SOCCER CAMPS**

Are you looking for a summer camp activity for your child that is as much about learning as it is about fun? Then let the fully trained and licensed Major League Soccer Camps coaches help your child become one of its newest Rising Stars.

Acton Recreation is proud to announce that Major League Soccer will be arriving at NARA Park from June 28 – July 2<sup>nd</sup> and July 26 – 30<sup>th</sup>. The following camp programs are available:

Grades: K-1 Time: 1:00-3:00 p.m.

Grades: 1-6 Time: 9:00 – 12:00 noon

Grades: 1-6 Time: 9:00 – 3:00 p.m.

MLS Camps is the official camp of Major League Soccer. Each camper will receive an individual player evaluation, an MLS

gift, T-shirt and a free companion ticket to an MLS game. After the weeklong program, all players will partake in a thrilling end-of-camp MLS stadium graduation ceremony unlike anything they've ever experienced. Parents and coaches may also attend a free MLS coaching clinic during the week of the camp.

2003 kicks off MLS Camps' Summer of Rising Stars, where campers can learn the secret moves and techniques of MLS's own rising young talent. All participants will experience a new and improved curriculum and be part of more exhilarating games and activities than ever before. A team of international coaches who are fully trained in the age-specific needs of young soccer players and experts in soccer skills and

techniques are eager to share their expertise with the players in the camp program. Come be part of the exciting world of soccer and find out why, after more than 30 years of teaching soccer to players from ages 2 to 18, Major League Soccer Camps remains America's number one camp of choice.

Clinic Meets:

Session 1 – June 28 – July 2, 2004.

Session 2 – July 26 – July 30, 2004.

Time: See time options listed in class description.  
Location: NARA Park upper fields.

Fee: Half day options - \$110.00. Full day option- \$155.00.

Instructors: Major League Soccer Staff

### **FIELD HOCKEY SUMMER CLINIC I**

This four-day clinic will provide the novice field hockey player the opportunity to learn the skills and tactics of field hockey. Participants will experience success and skill improvement over the course of this clinic.

Players will have the opportunity to participate in various 3 v 3, 6 v 6, and 11 v 11 games throughout the class. Bring your sneakers, a mouth guard, shin guards and your enthusiasm. We'll supply all the equipment you'll need to learn this fast-paced sport. This class is open to all ages.

Class Meets: July 6 – July 9, 2004.

Time: 9:00 – 11:30 a.m.

Location: Elm Street field

Fee: \$65.00

Instructor: Nancy McShea

### **FIELD HOCKEY SUMMER CLINIC II**

This four-day clinic will allow the intermediate and advanced field hockey player to improve their skills and get in some pre-season game play.

Participants will compete in 6 v 6 and 11 v 11 games as well as passing and shooting drills. Bring your own mouth guard, shin guards and sneakers. Get

ready to improve your skill level and prepare for the upcoming field hockey season. This class is only open to participants entering grade 8 and up.

Class Meets: July 20 – July 23, 2004.  
Time: 9:00 – 11:30 a.m.  
Location: Elm Street field  
Fee: \$65.00  
Instructor: Nancy McShea

### **FIELD HOCKEY SUMMER CLINIC III**

This four-day clinic is designed for those who “just want to play”. The focus of this class is to allow participants an opportunity to play the game of field hockey in preparation for their upcoming season. Participants must be entering grade 8 and up and have previous playing experience.

Class Meets: August 17 – August 20, 2004.  
Time: 9:00 – 11:00 a.m.  
Location: Elm Street Field  
Fee: \$40.00  
Instructor: Nancy McShea

### **INSTRUCTIONAL FIELD HOCKEY**

Designed for the beginner, this class will focus on learning the skills of field hockey and will introduce participants to game play. Class format will include stick skills, drills, 3v3, 6v6 and defensive/offensive concepts. This class is ideal for anyone thinking about playing field hockey at the junior high or high

school level. Open to grades 4 and up.

Class Meets: Thursdays, April 29– June 10, 2004.  
Time: 3:00 – 4:15 p.m.  
Location: Elm Street field  
Fee: \$60.00 for 7 weeks  
Instructor: Nancy McShea

### **GIRLS LACROSSE CLINIC**

Why travel to get the best lacrosse instruction around when you can get it right here in Acton? This week of instruction and play will focus on skill development through the game based approach. Each day will end with live scrimmages allowing students to work on their newly developed skills. Players entering grades 6-9 are welcome and encouraged to attend and will be grouped by appropriate skill level. Players need an approved girls stick, eye goggles, and mouth guard. Sticks and Goggles will be available on the first day of camp for purchase at deep discounts by a local lacrosse dealer. All players will receive a shirt (specify shirt size on program registration form when registering).

Class Meets: June 22-25, 2004  
Time: 8:30-11:30AM  
Location: High School  
Fields will be used for this clinic  
Instructors: Rob Donaldson, Melinda McClure, Girls AB Varsity staff, Scott Biron, Girls Jr. HS Development Coach, and top varsity players.

Fee: \$150.00  
Limit 100 Players

### **WOMEN’S FIELD HOCKEY**

Join other field hockey enthusiasts for a weekly pickup field hockey game. Some knowledge of the game will be useful, but you do not need to be a superstar to play. Equipment available upon request to the Acton Recreation Department.

Class Meets: Tuesdays, July 6 – August 24, 2004.  
Time: 6:00 – 8:00 p.m.  
Location: NARA park upper field.  
Fee: \$35.00

### **SOCCER MOMS**

Tired of sitting on the sideline watching your child play soccer, but never getting the chance yourself? If this sounds like you then we have just the class for you. Now you can play with other soccer moms once a week in this friendly pickup game. This class is open to novice through advanced players but the emphasis is on fun! This is a non-instructional class.

Class Meets: Mondays, April 19 – August 16, 2004.  
Time: 5:30 – 8:00 p.m.  
Location: NARA upper fields.  
Fee: \$40.00.  
Instructor: Dara Duhamel

## **ACTON ADULT SOFTBALL LEAGUE**

The Acton Adult Softball League will kick off its 5<sup>th</sup> season in the Spring of 2004. The league offers participation for both men and women, ages 21 and above (no exceptions). Team records and standings will be kept throughout the season but the league is considered "recreational" – mostly social yet semi-competitive.

The upcoming season will be comprised of 14 teams. Each team must be coed and have at least three female members on the field each inning. Team size will be determined by captains. Registration fees are \$75 per player or \$1,390 per team. Captains will collect player registration forms and individual payments and submit complete rosters/payment to the Recreation Department. **Preference will be given to returning teams who submit payment and registration forms for all players by Friday, March 19, 2004.** After this date, waitlisted teams and individuals will be accepted as space permits, on a first-come, first served basis.

**Season Schedule:**  
**Friday March 19, 2004,**  
**4pm**  
Returning team deadline

**Monday March 22, 2004**  
Waitlisted players/teams placed as space permits on a

first-come, first-serve enrollment.

**Thursday April 1, 2004,**  
**7pm**  
Captains Meeting, Acton Town Hall

**Thursday April 15, 2004,**  
**7pm**  
League Orientation Meeting, Acton Town Hall Room 204

**Monday April 19, 2004 –**  
**Thursday April 29, 2004 –**  
**Practices**  
Monday – Wednesday – Elm Street Field  
Thursday – NARA Park – upper fields

**Monday May 3, 2004 –**  
**Thursday June 24, 2004 –**  
**Regular Season Games**  
Monday – Wednesday – Elm Street Field  
Thursday – NARA Park

**Monday June 28, 2004 –**  
**Thursday August 4, 2004 –**  
**Regular Season Games**  
Monday – Wednesday – Elm Street Field  
Monday – Wednesday – NARA Park

**Monday August 9, 2004 –**  
**Wednesday, August 18,**  
**2004 – Playoffs**

Details to be announced later. Possible Saturday games also being considered. Rain dates to use week of August 21, 2004

**Times:** Games and practice times begin at 6:00pm and 7:45pm  
**Field Locations:** Elm Street and NARA Park.  
**Program Fee:** \$1390.00 per team or \$75 per player. (Teams with larger rosters should split the team fee evenly amongst players)

**More Information:** Registration

forms and more info on the league website:

[www.actonasl.com](http://www.actonasl.com)



## **Quigong (Chi Kung) class for ADULTS:**

*Quigong* (Chi Kung) is the ancient art of cultivating *Qi* (intrinsic energy) for health, longevity, martial skill, and spiritual development. Rooted in Chinese medical theory, quigong is used today by tens of millions of people worldwide for health maintenance, sport training, and outpatient treatment for many diseases, including cancer.

Class Meets: Wednesday,  
March 10 – April 14, 2004  
Time: 7:35 – 8:20 p.m.  
Location: Chinese Martial Arts Health & Fitness Center of Acton,  
240 Arlington Street.  
Fee: \$95.00 / 6 weeks  
Instructor: Narcyz Latecki

- Minimum 4,  
Maximum 10 students.

## **WOMEN'S 30+ SOCCER**

Join a team or just play occasionally. The emphasis is on exercise, fun with friends—old and new, learning new skills and renewing old ones. League play is refereed 11 v 11 games on Sunday

afternoons at 4:00 p.m.; drop in games are weekday evenings. Why should kids have all the fun? Call Miriam at (781) 442-0750.

### **CO-ED PICKUP SOCCER**

Don't have time to play in a soccer league? Enjoy playing soccer? If you answered yes to these two questions then we have just the class for you. Join us once a week at the School Street Field for a game of pickup soccer. This class is open to novice through advanced players but the emphasis is on fun! Don't just sit there; come out and play!

Class Meets: Mondays, July 5 - August 23, 2004.  
Time: 6:00 – 8:00 p.m.  
Location: School Street fields.  
Fee: \$35.00 for 8 weeks

### **ADULT TENNIS**

The beginner class will focus on the fundamentals of the game such as how to keep score; techniques in hitting ground strokes, serves, and volleys; and elementary strategy in both singles and doubles. The intermediate class will focus on shot technique drills; singles and doubles strategy; and some match play analysis.

There will be two 8-week sessions for each class.  
Class Meets:  
Session # 1 – May 25 – July 15, 2004.

Session # 2 – July 20 – September 9, 2004.  
Time: Beginner Tuesday night 6:00 – 7:00 p.m.  
Intermediate Thursday night 6:00 – 7:00 p.m.  
Location: Elm Street Tennis Courts  
Fee: \$99.00 per 8-week session.  
Instructor: John Pallozzi

- Limit 8 students per class. Please bring tennis shoes and one can of tennis balls to the first class.

### **SOCCER MOMS**

Tired of sitting on the sideline watching your child play soccer, but never getting the chance yourself? If this sounds like you then we have just the class for you. Now you can play with other soccer moms once a week in this friendly pickup game. This class is open to novice through advanced players but the emphasis is on fun! This is a non-instructional class.

Class Meets: Mondays, April 19 – August 16, 2004.  
Time: 5:30 – 8:00 p.m.  
Location: NARA upper fields.  
Fee: \$40.00.  
Instructor: Dara Duhamel

### **ACTON AREA WALKERS**

This club is for anyone who loves to walk with others, from casual walkers to those who want to compete. We meet on Saturday mornings at

various locations in Acton and the surrounding towns. Walkers usually have a choice of two distances from 4 to 8 miles in length. Many members also get together informally during the week to walk.  
Class Meets: Saturdays, March 20 – September 4, 2004.  
Time: 8:00 a.m. in the spring and possibly changing to 7:30 a.m. during hottest weeks of summer  
Location: AB High School parking lot for first meeting, TBA thereafter.  
Fee: \$35.00  
Instructor: Carol Brown

### **INLINE SKATING FOR FITNESS**

Join an inline skating enthusiast for a weekly skate at the Minuteman Bike Trail. We will begin by learning or reviewing the basics: correct fit of your gear, stopping, striding, turning and the correct way to fall. We will then meet at the Bedford entrance to the Minuteman Bike Trail and work at increasing our distance and improving our technique each week. One possible goal to set is to skate from Bedford to Lexington Center and back by the end of the class, a total of 8 miles. It can be done in about an hour. You may modify your distance according to your own needs. You will get a great workout in the process! Students will supply their own

equipment including inline skates, helmet, elbow pads, kneepads and wrist guards. You may contact the instructor for advice prior to purchasing new gear. Bottled water and sunglasses are suggested. Instructor will supply directions to the Bike Trail at the first meeting.  
Class Meets: Fridays, April 30 -June 18, 2004.  
Time: 10:00 – 11:30 a.m.  
Location: NARA Park Bath House parking lot, Ledge Rock Way, Acton (for initial practice – week 1). Minuteman Bike Trail, Bedford, MA (for a weekly skate thereafter).  
Fee: \$40.00  
Instructor: Cathy Fochtman

- Open to ages 18 and up. Meetings may be cancelled due to inclement weather. Protective gear to be worn at all times. Limit 8 students.

### **OUTDOOR ADVENTURE FITNESS**

Winter in New England can chase even the most active of us indoors to hibernate. Spring is the *perfect* time to get back outside and discover or rediscover you “inner athlete” while enjoying all that the natural environment has to offer.

**Outdoor Adventure Fitness** will focus on improving your cardiovascular fitness, muscular strength and endurance, flexibility, speed and agility, and

mental focus without ever entering a gym. Meeting at an outdoor location, we will use this natural setting along with portable equipment to help you achieve your fitness goals while having fun!

Whatever shape you’re in now, come outside with us and discover ways to improve, inside and out. Each participant also receives written guidance from the instructor to aid in planning personal workouts outside of class. Class is limited to 10 participants to ensure individual attention  
Class Meets: Thursdays, April 29<sup>th</sup> – June 17<sup>th</sup>, 2004  
Time: 9:30am – 10:45am  
Location: NARA Park, lower parking lot.  
Fee: \$110.00  
Instructor: Carol Brown

### **FIRST TIME FITNESS**

FIRST TIME FITNESS is a program created for people who have never exercised before. If you have ever wanted to start an exercise program but didn’t due to intimidation, knowledge or fear of injury, then FIRST TIME FITNESS is for you.

FIRST TIME FITNESS educates and emphasizes all main aspects of fitness. We will teach and train you on:

- Resistance training for toning, stretching for flexibility, cardio-respiratory for improved efficiency of

the heart and lungs and nutrition for weight loss.

We combine these elements with “core” (stomach and butt) activity.

This 30 minute program includes circuit training on state-of-the-art Nautilus equipment. As safety is an overarching consideration, the instructor will be paying special attention to technique. When you leave, your body will feel awake and great. Since this is a class geared to a beginner level, we have class times scheduled for after hours or slow times.

Class Meets: March 5 – 27, 2004.  
Time: 6:00PM Friday or 3:00PM Saturday  
Fee: \$60.

Location: Personal Triumph 191 Sudbury Road in Concord.

\*Classes are 90 minutes for the first class (lecture time) and 60 minutes after. Safety and privacy are guaranteed.

### **GET RID OF THAT BAD BACK**

Have a bad back? Know somebody with a bad back? There are some quick and easy things you can do to improve it and live better. Your back problem will either get better or worse. Making an investment in your spine will keep you from more serious problems.

Class Meets: Saturday , March 6 – 27, 2004

Time: 4:00 – 4:30PM.  
Ages: 18+  
Fee: \$50  
Location: Personal  
Triumph 191 Sudbury  
Road, Concord.  
Instructor: Ken Silva

### **SPIN – CORE – STRETCH**

A good starting point for someone interested in learning the basics of cardio cycling. The instructor will lead the group on a timed sequenced ride through hills and valleys for 35 minutes. But that's not all. The last 25 minutes will be dedicated to balancing out the body by working on your core and increasing flexibility with a mix of Yoga and Pilates exercises.

Class Meets: Wednesday and/or Thursday beginning March 3, 2004  
Time: 10:30 – 11:30am  
Age: Adult  
Level: Beginner to Intermediate  
Fee: \$ 80 for 8 Classes or \$140 for 16 Classes  
Size: 8 per class  
Location: Athletes Edge, 2 Craig Rd. Acton  
Instructor: Athletes Edge Staff

### **STRENGTH CIRCUIT TRAINING**

High energy circuit training classes, utilizing free weights, pulley systems, body weight, balancing equipment and medicine balls. The trainer will first teach each

individual how to properly perform each exercise and assign the proper weight. For 50 minutes, each participant will move from station to station, effectively targeting each muscle group. The remaining 10 minutes will target abdominals and lower back to complete a total body workout.

Class Meets: Monday, Wednesday, and Friday (or any combination of these days) beginning March 1, 2004.  
Time: 9:30 – 10:30am  
Age: Adults  
Level: Beginner to Intermediate  
Fee: \$80 for 8 Classes  
\$140 for 16 Classes  
Size: 10 per class  
Location: Athletes Edge, 2 Craig Rd. Acton  
Instructor: Athletes Edge Staff

### **NARA PARK BEACH MEMBERSHIPS**

The NARA Park beach will open for the season on Saturday, May 29, 2004. The beach will be open daily from 10:00 – 6:00 p.m. prior to June 21, 2004. Weekend and summer hours of operation will be 9:00 – 7:00 p.m. daily. The beach will close for the season on Monday, September 6, 2004. Beach memberships can be purchased at the Acton Town Hall, Recreation Department.

#### **ACTON RESIDENTS Thru April 30**

Family	\$125.00
Individual	\$65.00

Senior	\$20.00
<b>As of May 1</b>	
Family	\$175.00
Individual	\$95.00
Senior	\$20.00

#### **NON – RESIDENTS Thru April 30**

Family	\$175.00
Individual	\$100.00
Senior	\$35.00

#### **As of May 1**

Family	\$225.00
Individual	\$120.00
Senior	\$35.00

#### **DAILY RATES**

**RESIDENTS** - \$5.00 per person, \$20.00 per family

**NON-RESIDENTS** – \$7.00 per person, \$25.00 per family

**\*Please help us recycle by returning your beach tags from last year for \$1.00 off your 2004 membership for each tag returned.**

### **NARA PARK BEACH ACCESSIBILITY**

NARA Park now offers a beach accessible wheelchair for anyone in need. Simply stop by the office and ask for assistance in using the wheelchair. The wheelchair will be available on a first come, first served basis. Also, look for our new handicap accessible ramp leading to the beach and newly installed dock.

### **BOAT RENTALS**

NARA Park has a supply of boats available for rental during normal beach hours. We have 6 kayaks, 6 paddleboats, and 3

canoes available for your use. Rentals are charged \$5.00 per ½ hour and should be paid directly to the lifeguard or beach monitor on duty. Rental fee includes boats, paddles, and lifejackets. Lifejackets must be worn at all times while using any boat. Rentals subject to boat availability and may not be reserved ahead of time.

### **SNACK SHACK**

The snack bar will be open for the season beginning Saturday, May 29, 2004 from 9:30 – 6:00 p.m. daily. There will be a wide variety of snacks including chips, candy, ice cream, soda, water, hot dogs, pizza, and more. All reasonably priced under \$2.00.

### **NARA PARK RENTALS**

NARA Park is a great place to hold a family reunion, neighborhood picnic, birthday party or company get together. Did you know that you could reserve the amphitheater, bathhouse pavilion, picnic area or field space? Prices vary depending on number of attendees, area rented, and type of function being held. Please contact the recreation department at (978) 264-9608 for more information.

### **NARA YOUTH SUMMER PROGRAM**

The NARA Youth Summer Program will operate for 10 weeks this summer at NARA Park. Summer program offers children grades 1 to 8 the opportunity to spend a portion of their summer outside, learn new skills and make new friends. The hours of operation for this program are 8:00 a.m.–4:00 p.m. Monday – Friday. Parents also have the option of using early morning care from 7:30 – 8:00 a.m. and late pick-up from 4:00 – 5:30 p.m. Every Friday afternoon participants in the Summer Program will have the opportunity to take part in an all group special event. Events range from treasure hunts to cookouts, to the NARA Olympic Games. Activities offered include swimming, field sports, arts & crafts, boating, nature activities, intergenerational gardening program and group games.

Enrollment is limited to 130 participants, so register early. This summer will be bigger and better than last year as we celebrate our fifth summer of operation at NARA Park.

Session 1: 6/21 – 6/25/04  
Session 2: 6/28 – 7/2/04  
Session 3: 7/6 – 7/9/04  
Session 4: 7/12 – 7/16/04  
Session 5: 7/19 – 7/23/04  
Session 6: 7/26 – 7/30/04  
Session 7: 8/2 – 8/6/04

Session 8: 8/9 – 8/13/04  
Session 9: 8/16 – 8/20/04  
Session 10: 8/23 – 8/27/04  
\*No camp July 5<sup>th</sup>.

Cost: \$175.00 per session, except Session #3 = \$140.00  
Early Morning Care only - \$10.00 per week  
Late Pick-up only - \$20.00 per week.  
Both early and late care - \$25.00 per week.

### **NARA MIGHTY MINI SUMMER PROGRAM**

The NARA Mighty Mini Summer Program will operate for 10 weeks this summer at NARA Park. Designed to accommodate the unique needs of 4 & 5 year olds, this program mimics the NARA Youth Summer Program. In addition, swim lessons will be offered to this age group and class time periods will be kept shorter. This is a great opportunity for your child to experience all of the wonderful activities involved in the youth program with the option of shorter days. Enrollment in this program is limited to 20 children and will have 4 staff members leading it. Session dates are the same as the NARA Youth Summer Program.

Please choose from either the 8:00 – 12:00, 12:00 – 4:00, or full day options.

Cost: \$175.00 per session. Excluding session #3 = \$140.00  
Half-day option = \$90.00



## **NARA YOUTH AND MIGHTY MINI SUMMER PROGRAM THEMES**

### **SESSION 1:**

CAMP SPIRIT WEEK

### **SESSION 2:**

SURVIVOR WEEK

### **SESSION 3:**

PATRIOTIC WEEK

### **SESSION 4:**

BACKPACK THEME

( Will include an offsite field trip to Mt. Monadnock for children grades 4 – 8)

### **SESSION 5:**

OLYMPICS WEEK

### **SESSION 6:**

MARDI GRAS

### **SESSION 7:**

CARNIVAL WEEK

### **SESSION 8:**

INTERNATIONAL WEEK

### **SESSION 9:**

WATER WEEK

### **SESSION 10:**

END OF SUMMER

VACATION

EXTRAVAGANZA

## **COUNSELOR IN TRAINING PROGRAM (C.I.T.)**

The Counselor in Training Program operates in conjunction with the NARA Youth Summer Program. The CIT Program operates for 10 weeks at NARA Park. This program is designed to offer counselor training for teens ages 14 & 15. Teens will have the opportunity to learn about what skills make a good counselor, work with senior staff and children, and spend time having fun. Participants of this program can learn valuable experience that may make them eligible to

work at the NARA Youth Summer Program in summers to come.

All candidates must go through an interview process with the Acton Recreation Director. Registrations can be obtained at the Recreation Department.

Cost: **Free**, interview required and candidates will be selected by the Recreation Director.

Session dates are the same as the NARA Youth Summer Program.

## **NARA PARK SWIM LESSONS**

The Acton Recreation Department will be offering swim lessons at NARA Park during the summer of 2003. Red Cross Swim lessons will be available for beginners through Level 3 – Stroke Readiness. These classes are limited to children age 2 to 17. Classes will cover the following skills:

### **Level 1 – Water Exploration**

- Submerge face.
- Bobbing.
- Float supported front and back.
- Bubble blowing.
- Kick supported, front and back.
- Crawl stroke arms.
- Reaching assists.
- PFD use.

### **Level 2 – Primary Skills**

- Submerge head.

- Retrieve objects – chest deep.
- Deep water – supported.
- Prone float/glide, recover.
- Supine float/glide, recover.
- Level off from vertical.
- Front & back flutter kick.
- Fin on back.
- Back crawl arms.
- Combined strokes, front & back.

### **Level 3 – Stroke Readiness**

- Retrieve object, eyes open.
- Bob – chest deep.
- Jump into water.
- Prone & supine glide.
- Front crawl breathing – 10 yards.
- Back crawl – 10 yards.
- Elementary back kick- 10 yards.
- Reverse direction front & back.
- Tread water.

Please bring all previous certification cards with you to the first class. Students will be tested to determine appropriate grouping at first class.

All three levels of classes will be offered at all swim lesson programs. Please indicate on registration form, class name, session and time you would like.

## **TODDLER SWIM CLASS**

This class is designed specifically to address the unique needs of the young, beginner swimmer. Please indicate class and session preference on registration form. Class time is 30

minutes, please allow 45 for the first class so that swim tests can be conducted.

**All classes will run from June 2 – June 17, 2004.**

Class Meets:

**Session 1:** Mondays & Wednesdays 10:00 – 10:30 a.m.

**Session 2:** Mondays & Wednesdays 11:00 – 11:30 a.m.

**Session 3** – Tuesdays & Thursdays 10:00 – 10:30 a.m.

**Session 4** – Tuesdays & Thursdays 11:00 – 11:30 a.m.

Location: NARA Park.

Fee: \$50.00

Instructor: WSI certified and lifeguard certified instructors.

\*Limit 15 children per session.

### **SATURDAY SWIM LESSONS**

**Class 1** – June 5 - July 3, 2004. 10:45 – 11:15 a.m.

**Class 2** – June 5 - July 3, 2004. 11:30 – 12:00 noon.

**Class 3** – June 5 - July 3, 2004. 12:15 – 12:45 p.m.

**Class 4** - July 17 – August 14, 2004. 10:45 – 11:15 a.m..

**Class 5** - July 17 – August 14, 2004. 11:30 – 12:00 noon.

**Class 6** - July 17 – August 14, 2004. 12:15 – 12:45 p.m.

Please indicate class preference on registration form. Class time is 30

minutes, please allow 45 for the first class so that swim tests can be conducted.

Location: NARA Park

Fee: \$50.00

Instructor: WSI certified and Lifeguard certified instructors.

- Each class is limited to 15 participants.

### **WEEKDAY SWIM LESSONS**

These lessons will be offered in one-week intervals (i.e. Monday – Thursday with make-up on Friday), in the late afternoon. Students will be tested during the first session to determine which group they should be placed in. Lessons are offered for beginners through Level 3 – Stroke Readiness. Please indicate session on registration form.

**Week 1** – June 21 – June 24, 2004.

**Week 2** – June 28 – July 1, 2004.

**Week 3** - July 12 – July 15, 2004.

**Week 4** – July 19 – July 22, 2004.

**Week 5** – July 26 – July 29, 2004.

**Week 6** – August 2 – August 5, 2004.

**Week 7** – August 9 – August 12, 2004.

**Week 8** – August 16 – August 19, 2004.

**Week 9** – August 23 – 26, 2004.

Time: 4:15 – 4:45 p.m. except first class which is 4:15 – 5:00 p.m.

Location: NARA Park

Fee: \$50.00

Instructor: WSI certified and Lifeguard certified instructors.

- Each week is limited to 15 participants.

### **ADVANCED SWIM LESSONS**

This level of instruction is designed for swimmers wishing to perfect finer strokes. Strokes covered in this level include front crawl, back crawl, elementary backstroke, butterfly and breaststroke. This level carries no certification through American Red Cross, but is great for swimmers who want individualized attention to increase their endurance or perfect their skills. This course will be taught by a certified WSI instructor.

Class Meets: Meeting dates and times are dependent on individual schedules. Please contact the Acton Recreation Department about your interest in this program. We will have one of our instructors contact you directly.

Location: NARA Park.

Fee: \$15.00 per hour.

Instructor: WSI instructor.

## **LIFEGUARD CLASSES**

### **PROFESSIONAL LIFEGUARD CLASS**

This class will cover all aspects necessary to become a professional lifeguard. Training includes CPR for the Professional Rescuer, First Aid, Blood Borne Pathogens, Emergency Oxygen, and use of an Automatic External Defibrillator. Lifeguard Training portion will include prevention, surveillance, managing conscious and unconscious victims, rescue techniques, spinal immobilization and personal safety. Successful completion will result in lifeguard certification through STAR (Safety Training & Aquatic Rescue) Guard Lifeguard Certification and Professional Rescuer CPR and First Aid certification through the American Safety and Health Institute. Training exceeds national standards. This class is great for first time lifeguards. Job placement help will be made available as part of this course to extremely qualified candidates. **MUST BE AT LEAST 15 YEARS OLD TO SIGN UP. CANCELLATION MUST BE MADE 30 DAYS PRIOR TO CLASS.**

Class Meets:  
Weekend Session 1 –  
March 5 – 7, 2004

Weekend Session 2 – May  
14 – 16, 2004.

Weekend Session 3 – May  
28 – 30, 2004.

Weekend Session 4 – June  
4 – 6, 2004

Time: Friday – 6:00PM to  
9:30PM,

Saturday – 9:00AM to  
4:30 PM,

Sunday – 9:00AM to  
4:30PM.

Weekday Session – May  
17 – 20, 2004

Time: Monday – Thursday  
6:00PM – 10:00PM

Location: Harvard Ridge  
Pool Club, Boxborough.

Fee: \$200.00 cost covers  
course booklets, course  
completion cards, CPR  
mask, whistle.

Instructor: Jason  
Malinowski

- Maximum enrollment:  
15, minimum  
enrollment: 6.

#### **Recertification Class:**

Individuals previously  
certified through the Red  
Cross or Starguard  
program qualify for this 4  
hour refresher course.

Prior certification must be  
presented on day of class.

This class is four hours  
long and reviews the  
essentials of lifeguarding,  
as well as provides a  
refresher course in CPR  
and First Aid.

Certification is good for  
one year. Job placement  
assistance will be provided  
to extremely qualified  
participants.

Class Meets:

Session 1 – Sunday March  
7, 2004 from 10:00AM to  
2:00PM.

Session 2 – Sunday May  
16, 2004 from 5:00PM to  
9:00PM.

Session 3 – Monday May  
31, 2004 from 10:00AM to  
2:00PM.

Location: Harvard Ridge  
Pool Club, Boxborough.

Fee: \$70.00

Instructor: Jason  
Malinowski.

## **CPR/FIRST AID CLASSES**

### **PROFESSIONAL RESCUER CPR**

Upon completion,  
candidate will receive  
certification through the  
National Safety and Health  
Institute. This level of  
certification meets all  
requirements for  
lifeguards, EMTs, and  
healthcare workers.  
Topics of discussion  
include strokes, heart  
attacks, assessment, rescue  
breathing, CPR for adults,  
infants and children, two-  
rescuer CPR, the use of a  
bag valve mask, choking,  
emergency oxygen, and an  
introduction to the  
automatic external  
defibrillator (AED). A  
skill examination will be  
given at the end of the  
course.

Date/Time: Students  
should sign up and  
instructor will contact to  
find a date and time to  
match student's schedule.  
Fee: \$60.00

Instructor: Jason  
Malinowski

## **PROFESSIONAL RESCUER CPR REVIEW**

This class is intended for candidates with previous certification in professional rescuer CPR. Topics of review include strokes, heart attacks, assessment, rescue breathing, CPR for adults, infants and children, two rescuer CPR, the use of a bag valve mask, choking, emergency oxygen, and an introduction to the automatic external defibrillator (AED). Candidates must have been previously certified through the American Red Cross, American Heart Association, or National Safety Council.

Candidates must present proof of completion on first day of class. This course meets all guidelines for lifeguards, EMTs, and healthcare providers.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.  
Fee: \$40.00.

Instructor: Jason Malinowski

## **COMMUNITY CPR/FIRST AID**

This class certifies candidates in CPR for adults, children, and infants, as well as provides certification in first aid. Candidates can choose whether they want to take both sections or choose to take just one. The CPR

section will include the topics of strokes, heart disease, rescue breathing, choking, CPR for adults, children, and infants, as well as a brief introduction to the automatic external defibrillator. The first aid section includes the topics of assessment, bleeding, shock, burns, musculoskeletal injuries, medical emergencies, poisoning, insect bites, and environmental emergencies. Successful candidates will receive completion cards through the American Health and Safety Institute. It is strongly recommended that students have prior knowledge of CPR and First Aid as this is a fast paced course.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.

Fee: \$60.00

Instructor: Jason Malinowski

## **YOGA**

Strengthen and tone every part of your body, renew your energy, and find a hidden reservoir of deep and natural peace and strength with this ancient system of relaxation and rejuvenation. Medical and scientific studies confirm the many health benefits of this transformative practice. "The practice of yoga helps the lazy body to become active and vibrant. It transforms the mind, making it harmonious," wrote B.K.S.

Iyengar, father of classical hatha yoga.

How does yoga do this? Scientifically, yoga brings the body out of a state of "chronic stress" by releasing negative emotion trapped in the muscles, and by stimulating the frontal lobe, the part of the brain which takes information from the rest of the brain and synthesizes it into thought and action. "We may be accepting far higher levels of stress than we can possibly manage and dissipate," writes neurophysiologist Carla Hannaford. These excess stresses overstimulate the lower or reptilian brain (fight of flight response), decreasing memory, impeding learning, flooding the system with toxins, and compromising the integrity of the immune system. The practice of yoga can naturally release this stress and tension, offering fitness, health, energy, clarity of thought, and emotional calm.

Some added physiological benefits of yoga:

- Strengthen bones
- Stimulate lymphatic system for internal cleansing
- Increase your lung capacity
- Strengthen your cardiovascular system
- Ease chronically tight muscles
- Stabilize your joints

- Release spinal misalignments and blocked meridians
- Improve your skin tone
- Increase your metabolism
- Control overeating
- Improve digestion

So come and experience the dynamic stretches and graceful movements of yoga, promoting strength, flexibility, vibrancy and health.

### **GENTLE YOGA FOR BEGINNERS**

This class is for those who have had little or no yoga, or for continuing students who want to stay at a more gentle, healing level. The class will introduce the student to the fundamentals of yoga practice, including key postures, breath, alignment and flow. We will learn key movements needed in the beginner postures, which we will put together into simple sequences using breath and rhythmic flows to tone and strengthen the nervous, muscular, and skeletal systems. These sequences form the foundation of a training capable of creating a vigorous and flexible body, well-functioning inner organs, and an alert mind. Each class ends with a ten-minute tranquility session in which we will practice mastering deep, natural calm to replenish both body and spirit.

Class meets: Fridays from 9:15-10:30 AM

Session 1: March 26-May 21, 2004

Session 2: May 28-July 9, 2004

Location: Acton Town Hall, Room 204

Fee: \$75 for each 7 week session

Note: Classes don't meet when school is not in session (except in summer)

### **FORM AND FLOW YOGA**

The class involves basic and intermediate poses and is recommended for both beginning students in good physical shape as well as students with prior yoga experience. We will continue learning fundamental asanas (postures), pranayama (breathing techniques), and more sequences of postures using breath and rhythmic flows. Each class ends with a ten-minute tranquility session in which we will practice mastering deep, natural calm to replenish both body and spirit.

Class meets: Fridays from 10:30 to 11:45;

Or Mondays from 1:00 to 2:15 PM

Session 1: March 22-May 21, 2004

Session 2: May 17-July 9, 2004

Location: Acton Town Hall, Room 204

Fee: \$75 for each 7 week session

Note: Classes don't meet when school is

not in session (except in summer)

### **SENIOR NATURE WALK**

Explore Acton's Conservation Areas with our own renowned Conservation Director, Tom Tidman. Each class will be held at a different conservation area in town. Learn all about the existing plant and wildlife habitats that make Acton a unique place to live.

Class Meets: Fridays, April 9 – May 14, 2004.

Time: 10:00 – 11:30 a.m.

Location: First class meets at the Acton Arboretum.

Fee: \$15.00 for 6 weeks

Instructor: Tom Tidman

\*This class is designed for senior citizens, we ask that you do not bring children with you.

### **INTERGENERATIONAL GARDENING PROGRAM**

Calling all seniors...Do you enjoy gardening? Do you like spending time with children? If you answered yes to these questions then we have a volunteer opportunity for you. The Recreation Department will be starting a new program this summer at NARA Park in conjunction with the NARA Youth Summer Program. Senior volunteers are needed to assist with planting the garden in the spring and working with camp groups to maintain and harvest the garden during the summer.

Any produce harvested from this garden will be donated to a local food pantry to assist those that are less fortunate. Seniors can volunteer one or more hours per week and can opt for helping plant the garden, working with the camp groups or both. This is a great way to interact with the youth in our community as well as provide positive educational leadership to this population.

The program will run from April through the end of August. If you are interested in volunteering, simply register using the program registration form, and we will contact you regarding your availability.

### **THE T.J. O'GRADY MEMORIAL SKATEBOARD PARK**

On November 20, 1998, T.J. O'Grady, a 15 year old boy from Boxborough, MA, was struck and killed by an automobile while skateboarding down a residential road. Since then T.J.'s Mother, Lori O'Grady, and many of T.J.'s friends and their families, have formed the T.J. O'Grady Memorial Skateboard Park, Inc. , a non-profit organization whose ultimate mission is to build a safe place for the children and adults to skateboard and inline skate. To make a much needed donation, or for information on our efforts, go to our website at [www.tjskatepark.org](http://www.tjskatepark.org).

The Acton Recreation Department is planning to begin construction on this skate park in the spring 2004. Together we can make this park a reality for the children and adults in Acton and surrounding communities.

## **SPECIAL EVENTS**

### **EASTER EGG HUNT**

The Acton Recreation Department has teamed up with The Inn at Robbins Brook to bring back our famous "treasure-egg" hunt. This hunt is open to children up to 10 years old. Children will be split up by the following age groups in separate areas to allow for a "fair" hunt for everyone: Under 3, 4-6 year olds, and 7-10 year olds.

Event Date: Saturday  
April 3, 2004  
Time: Hunt begins at 1:00; please arrive by 12:45.

Location: The Inn at Robbins Brook  
Fee: Free, though donations would be appreciated.

### **4<sup>th</sup> ANNUAL NARA PARK – FAMILY CAMP-OUT**

Join us on Friday, June 18, 2004 for a night of camping out at NARA Park. We'll spend the

evening playing games and having a campfire complete with s'mores. Bring your own tent and sleeping supplies. Bathrooms will be available all night for your use. In the morning join us for a "polar bear" swim or take out one of the boats, then enjoy a catered breakfast. Pack-up and head for home around 10:00 a.m. Enrollment is limited to 50 families. Families are limited to current household members only. No private cooking fires or grills will be allowed.

Camp– out date: Friday, June 18, 2004. Rainedate – Friday, July 9, 2004.  
Time: Check-in at 6:30 p.m. on June 18<sup>th</sup>. Check out by 10:00 a.m. on June 19<sup>th</sup>.  
Location: NARA Park beach and lower fields, park at the lower parking lot.  
Fee: \$30.00 per family of four or less. Please add \$5.00 per additional person. Includes snacks and breakfast.

### **ACTON DAY**

The 4th annual Acton Day Celebration will take place on Saturday, September 18, 2004 from 1:00 – 9:00 p.m. This day-long event will start off with a fishing derby for kids 5 through 14 years of age from 9:00 – 11:30 a.m. More information to follow in the Fall/Winter 2004 program.

## **4<sup>TH</sup> OF JULY CELEBRATION**

We have intentions on running the 4<sup>th</sup> of July celebration as in 2003 this will be pending on receiving donations to fund this event. If you wish to make a donation please call the Acton Recreation Department at 978.264.9608.

## **SUMMER CONCERT SERIES**

### **AN EVENING IN THE PARK 2004**

This is a tentative Thursday night line-up for the 2004 Summer Concert Series. The concerts are scheduled from 6:00 – 8:00 p.m. unless otherwise noted. All concerts will be held at the NARA Park Amphitheater and are family oriented. Bring a chair or blanket, some munchies and sit back, relax and enjoy the performance. Look for more information in the local papers.

**June 24 – Selectman's Concert – "Simply Delicious!"** - Broadway songs by Irving Berlin, George Gershwin, and Cole Porter with Soprano Nancy Armstrong, artist-in-residence, Brandeis University Graduate Theater Arts Program, and accompanist.  
(6:00 to 7:30 p.m.)

**July 1 – Rumbafrica** – music and dances from the Congo, sharing in the rich diversity that the African cultures offer the world.

**July 8 – T- Bone** – a return engagement for this fantastic children's performer.

**July 15 – Magician Scott Jameson** – Designed with the family audience in mind, Scott's shows artfully combine magic, juggling, and audience participation with clever characterizations, improvisational comedy, physical skill, music, mime and storytelling.  
(6:30 – 7:30 p.m.)

**July 22 – Peggo and Paul** – A rompin' stompin' rock & roll fun for children and families.

**July 29 – Jon & Tricia**  
This performance is packed with fun-filled sing-a-longs, dance, trivia, games and humorous antics! Whether the tone is casual or sophisticated, young or old, it's a show you don't want to miss!

**August 12 – All Together Now** – a fabulous Beatles Band that you won't want to miss.

**August 19 – Musique Makers** – Classical

**August 26 – 60's Invasion** – New England's premiere sixties band will perform hit songs from throughout the 60's and intermix songs and events that were taking place in our own lives.

## **BUS TRIPS**

### **MOHEGAN SUN CASINO**

Join the Acton Recreation Department on this day trip to Connecticut to try your luck at the Mohegan Sun Casino. We will depart Acton on a luxury motorcoach at 8:00 AM and return at 5:00 PM. Try your luck at the slot machines, table games or keno. Included in your trip price will be food or bet vouchers. What a great deal!

Trip Date: Saturday, April 17, 2004

Time: Depart from Acton Town Hall parking lot at 8:00 a.m. and return to Acton at 5:00 p.m.

Location: Mohegan Sun Casino

Fee: \$30.00 per person.

### **NEW YORK CITY**

Enjoy a day in New York City with the Acton Recreation Department. Spend your time shopping, visiting local places of interest and take in the sights of Rockefeller Plaza. We will travel in a luxury motor coach and we'll have plenty of time to experience all that New York City has to offer.

Trip Date: Saturday, May 15, 2004.

Time: Depart Acton Town Hall parking lot at 6:00 a.m. and returns to the Acton Town Hall at 11:00 pm.

Location: New York City  
Fee: \$55.00 per person





# ACTON ADULT SOFTBALL LEAGUE



## ENROLLMENT FORM 2004 SEASON

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The registration process for the Acton Adult Softball League (AASL) gives preference to returning teams, and then to waitlisted teams and individuals, as follows:

**Returning Teams:** There is a team fee of **\$1,390 per team or \$75 per player**. Teams with smaller rosters might find it more economical to pay per player. Captains of returning teams must submit registrations for all players and full payment by **Friday March 19, 2004**, to secure a spot for the 2004 season.

**New Teams:** There is a team fee of **\$1,390 per team or \$75 per player**. Captains of new teams should submit registrations for all players and full payment to get waitlisted. Teams will be added to the league on a first come first served basis if additional space is available. The captain will be contacted during the placement period which begins **Monday March 22, 2004**. New teams that cannot be placed will receive a full refund.

**Individuals:** Players who are not affiliated with a team should submit the enrollment form with a **\$75 payment**. You will be contacted by an AASL team captain. Placements will be based on first come first served basis. Unplaced players will received full refund

Please mail registrations to Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720, or drop them off in person. Please make checks payable to **TOWN OF ACTON**. Each player must complete a registration form, forms without a signature of waiver will not be processed.

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Name \_\_\_\_\_ ☐ Male ☐ Female

Email \_\_\_\_\_

Home Address \_\_\_\_\_

Age ☐ 21-25 ☐ 26-30 ☐ 31-36 ☐ 37-43 ☐ 44-50 ☐ 51-60 ☐ 61+

Town you Work in (if applicable) \_\_\_\_\_

Telephone (Daytime) \_\_\_\_\_ (Evenings) \_\_\_\_\_

Emergency Contact (Name) \_\_\_\_\_ (Phone) \_\_\_\_\_

☐ I am returning as a member of (team) \_\_\_\_\_

or

☐ I am an individual registrant looking to be placed on a team.

☐ If possible, please place me with (player or team) \_\_\_\_\_

I agree to hold harmless the Town of Acton and/or its employees for claims or liability related to any accident that may occur with any aspect of the Acton Adult Softball League. I give permission for medical treatment to be given if the need arises.

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Signature (Players must be 21 or older)

Date



## ACTON RECREATION DEPARTMENT



# NARA PARK BEACH REGISTRATION FORM – 2004

Register for beach memberships either in person, at the Acton Town Hall or by mail. Upon receipt of registration a membership pass and beach tags will be sent to you. Please fill out the registration form completely, incomplete forms will not be processed. For further information contact the Recreation Department at (978) 264-9608. Mail registration form to: Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720. Please make check payable to "Town of Acton". Registration forms may be photocopied.

### SUMMER BEACH MEMBERSHIP – 2004 (Please Print)

Family Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ Work \_\_\_\_\_

Check type of membership:

#### ACTON RESIDENTS

##### Through April 30

\$125.00 Family \_\_\_\_\_

\$65.00 Individual \_\_\_\_\_

\$20.00 Senior (65+) \_\_\_\_\_

##### as of May 1

\$175.00 Family \_\_\_\_\_

\$95.00 Individual \_\_\_\_\_

\$20.00 Senior \_\_\_\_\_

#### OUT OF TOWN RESIDENTS

##### through April 30

\$175.00 Family (200 max sold) \_\_\_\_\_

\$100.00 Individual (100 max sold) \_\_\_\_\_

\$35.00 Senior (65+) \_\_\_\_\_

##### as of May 1

\$225.00 Family \_\_\_\_\_

\$125.00 Individual \_\_\_\_\_

\$35.00 Senior \_\_\_\_\_

For family memberships please list all immediate family members and ages below:

PLEASE PRINT

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

I agree to hold harmless the Town of Acton and/or its employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

Signature (Parent/Guardian if under 18)

Date

Amount Enclosed

-14-2

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BULK RATE  
US POSTAGE  
PAID  
PERMIT #67  
ACTON, MA  
01720

POSTAL PATRON  
BOXBOROUGH, MA 01719



Summer Concert Series 2004  
“An Evening in the Park”

The Selectman's Concert	June 24, 2004	6 – 7:30PM
Rumbafrica	July 1, 2004	6 - 8:00PM
T-Bone	July 8, 2004	6 – 8:00PM
Magician Scott Jameson	July 15, 2004	6:30 – 7:30PM
Peggo and Paul	July 22, 2004	6 – 8:00PM
Jon & Tricia	July 29, 2004	6 – 8:00PM
All Together Now	August 12, 2004	6 – 8:00PM
Musique Makers	August 19, 2004	6 – 8:00PM
60's Invasion	August 26, 2004	6 – 8:00PM